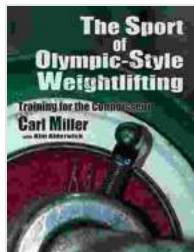


The Sport of Olympic Style Weightlifting: A Comprehensive Guide



The Sport of Olympic-Style Weightlifting: Training for the Connoisseur by Carl Miller

★★★★☆ 4.1 out of 5

Language	: English
File size	: 11650 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 11 pages



Olympic style weightlifting is a sport in which athletes attempt to lift the heaviest possible weight in one of two lifts: the snatch or the clean and jerk. The sport is governed by the International Weightlifting Federation (IWF) and is included in the Olympic Games.

History

The origins of weightlifting can be traced back to ancient Greece, where it was practiced as a form of physical training for athletes. Weightlifting was also popular in ancient Rome, where it was used to train soldiers for battle. In the 19th century, weightlifting began to develop as a modern sport, with the first weightlifting competition being held in England in 1860. The sport was included in the Olympic Games for the first time in 1896.

Rules

The rules of Olympic style weightlifting are relatively simple. Athletes are given three attempts to lift a weight in each of the two lifts. The weight is lifted from the floor to overhead in one continuous motion. The athlete must then hold the weight overhead for at least two seconds before lowering it back to the floor. The weight is then racked, which means it is placed back on the supports from which it was lifted.

The snatch is a one-motion lift in which the athlete lifts the weight from the floor to overhead in one continuous motion. The clean and jerk is a two-motion lift in which the athlete first lifts the weight to the shoulders (the clean) and then jerks the weight overhead (the jerk).

Techniques

There are a number of different techniques that can be used to lift weights in Olympic style weightlifting. The most common technique is the power clean, which is used to lift the weight from the floor to the shoulders. The power jerk is then used to jerk the weight overhead. Other techniques include the split jerk, the hang clean, and the snatch pull.

Equipment

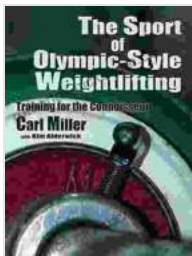
The equipment used in Olympic style weightlifting is relatively simple. The main piece of equipment is the barbell, which is a long, metal bar that is loaded with weights. The weights are made of iron or steel and are available in a variety of sizes. Other equipment includes the weightlifting platform, the weightlifting shoes, and the weightlifting belt.

Benefits

Olympic style weightlifting offers a number of benefits, including:

- Increased strength
- Increased power
- Improved body composition
- Reduced risk of injury
- Improved mood

Olympic style weightlifting is a challenging and rewarding sport that can provide a number of benefits. If you are looking for a way to improve your strength, power, and body composition, then Olympic style weightlifting may be the right sport for you.



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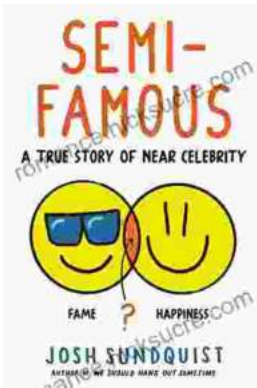
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